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MEAT AND VEGETABLE STEW

canned in the KITCHEN

For the farm family homemaker who wants to can meat and vegetable stew in her kitchen, up-to-date directions have been scientifically developed by the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture.

Canning stew is a handy way to use some of the less tender cuts of small pieces of meat, say the Bureau's home canning specialists. Their directions, based on experiments to insure adequate heating to keep a stew mixture safe and sound, are time-saving in that the meat and vegetables may all be mixed and packed raw, before processing in the steam pressure cooker. Beef, pork, lamb, or veal may be used.

Directions are included in the revised edition of Home canning of meat, Home and Garden Bulletin No. 6, which may be obtained on request from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

In these pictures, Ruth Redstrom, food specialist, follows the Bureau's directions, using veal:

1. Miss Redstrom prepares the "makings" of 7 quart jars of a flavorful, hearty stew. These are: 2 quarts (8 cups) of stewing veal cut in 1-1/2 inch cubes; 2 quarts of potatoes, pared or scraped and cut in 1/2 inch cubes; 2 quarts carrots, pared or scraped and cut in 1/2 inch cubes; 3 cups celery cut in 1/4 inch pieces; 7 cups of onions, peeled, and left whole if an inch or less in diameter, or sliced if larger. 77877B





2. Miss Redstrom tightly packs each jar to the top with the raw stew mixture, leaving no headspace. Salt may be added, if desired -- 1/2 teaspoon to a pint jar; 1 teaspoon to a quart. She adjusts jar lids, ready for processing. 77878B

3. Jars are lowered into the steam pressure canner, which contains about 3 inches of water. Air is exhausted from the canner, pressure raised to 10 pounds (240°F.) and the meat and vegetable mixture is processed: pint jars, 60 minutes; quart jars, 75 minutes. After processing, Miss Redstrom will complete seals at once, if closures are not self-sealing type.

Then jars are cooled overnight, right side up on a rack or towel, in a draft free place. 77879B



4. Home-canned meat and vegetable stew is a popular "quickie" for dinner or supper on a busy day. It comes to the table hot and fragrant after a brief but thorough re-heating of about 20 minutes. 77881B

